



Life Source Yoga & Health
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AUG '10

UP COMING EVENTS - call to register 8904 0202

Backbends & Inversion Course: Thurs 16 Sept, 6.30-8pm
 Yoga for Backcare Course: Wed 18 Aug
 Yoga Fundamentals: Thurs 5 Aug, 5.30-6.30pm
 Yoga Retreat Getaway: 13-15 Aug

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	<i>Yoga Retreat with Remy 13-15 August Call to book!</i>					8.30-10.00am Prenatal Yoga Course ^	8.30-10.00am Prenatal Yoga Course ^
Lunch	12.00-1.00pm Meditation Course ^	12.00-1.00pm Hatha Yoga	NEW! 12.00-1.00pm Yoga for Backcare Course ^ starts 18 Aug	12.00-1.00pm Hatha Yoga	12.00-1.00pm Hatha Yoga	10.00-11.30am Hatha Yoga	10.00-11.30am Dynamic Flow Yoga
	1.00-2.00pm Hatha Yoga	1.00-2.00pm Pilates Mat w Props	1.00-2.00pm Hatha Yoga	1.00-2.00pm Pilates Core Power	1.00-2.00pm Prenatal Yoga Course ^		
Afternoon / Evening	5.30-6.30pm Hatha Yoga	5.30-6.30pm Kundalini Yoga	5.30-6.30pm Hatha Yoga	5.30-6.30pm Yoga Fundamentals Course ^ starts 5 Aug			4.00-5.30pm Prenatal Yoga Course ^
	6.30-8.00pm Dynamic Flow Yoga	6.30-8.00pm Hatha Yoga	6.30-8.00pm Dynamic Flow Yoga	6.30-8.00pm Backbends & Inversions Course ^ starts 16 Sept	6.00-8.00pm Restorative Yoga Workshop ^ Fri 27 Aug		5.30-6.45pm Teacher Trainee led Yoga class \$10
	8.00-9.15pm Teacher Trainee led Yoga class \$10		8.00-9.15pm Teacher Trainee led Yoga class \$10				

NOTES
 All classes are drop-in classes unless marked ^
 ^ Pre-booking required.

WELCOME PASS 5 Classes in 3 Weeks just \$45
 Drop in Classes: 60 mins - \$18
 90 mins - \$20

6 1hr classes in 6 weeks \$96
 10 classes in 10 weeks \$175
 30 day Unlimited Pass - \$148
 90 day Unlimited Pass - \$390